

Specification of Competency Standards
for the Elderly Care Service Industry
Unit of Competency

Functional Area - Clinical Care

Title	Train elderlies to perform Breathing Exercise
Code	106108L5
Range	This Unit of Competency is applicable to employees in the elderly care service industry practitioners who provide rehabilitation services to elderlies. This competency involves the ability of critical analysis and assessment. Employees are required to assess the condition of elderlies' respiratory system, analyse the assessment result and teach elderlies the right way to perform breathing exercise, so as to improve their respiratory function .
Level	5
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on breathing exercises for elderlies</p> <p>Be able to</p> <ul style="list-style-type: none"> • Understand the anatomy of the mouth, nose, pharynx and lungs, and the physiology of the respiratory system • Understand respiratory diseases commonly seen among elderlies and their pathology, such as: <ul style="list-style-type: none"> ○ Pneumonia ○ Chronic Obstructive Pulmonary Disease (COPD) ○ Asthma • Understand the methods and skills to assess elderlies' respiratory system, such as: <ul style="list-style-type: none"> ○ Correct interpretation of medical history ○ Breathing rate ○ Blood oxygen level ○ Auscultation of lung sounds ○ Characteristics of phlegm (e.g. colour, viscosity, amount) ○ Ability to cough up and spit out phlegm ○ Lung function test • Understand the different types of breathing exercises, their uses, indications and precautions • Understand the skills required to analyse results of respiratory system assessments • Understand the techniques to train elderlies to perform breathing exercise • Understand the devices used in training elderlies to perform breathing exercise and their uses <p>2. Teach elderlies to perform breathing exercise</p> <p>Be able to</p> <ul style="list-style-type: none"> • Assess elderlies' respiratory condition, analyse their respiratory problems and select the suitable breathing exercise • Teach elderlies to perform breathing exercise and make sure they understand the technique, such as: <ul style="list-style-type: none"> ○ Monitor elderlies' performance when performing breathing exercises ○ Demonstrate the correct way to perform breathing exercises ○ Identify their mistakes when performing exercises and guide them to correct the mistakes • Prescribe suitable devices to assist the training when necessary, ensure the devices are properly disinfected • Monitor elderlies' performance when performing breathing exercises and provide guidance or assistance if necessary

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	<ul style="list-style-type: none"> • Explain to elderlies the aims and benefits of breathing exercises and encourage them to practise by themselves according to the prescription • Document elderlies' performance when performing breathing exercise and the exercise prescription properly • Assess elderlies' respiratory condition regularly and review the exercise prescription to ensure the breathing exercises can improve elderlies' condition, and explain to elderlies the progress they made <p>3. Exhibit professionalism</p> <p style="padding-left: 20px;">Be able to</p> <ul style="list-style-type: none"> • Assess elderlies' respiratory condition and choose suitable breathing exercises accordingly • Give elderlies clear instructions and show patience when training elderlies to perform breathing exercises
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Ability to assess elderlies' respiratory condition, analyse the assessment result accordingly and provide correct breathing exercise training to elderlies; and • Ability to assess elderlies' respiratory condition, review the exercise prescription and make sure the exercises can improve elderlies' condition.
Remark	